WBGT Index (F)	Flag Color	Heat Condition Flag
Warning System		MCO 6200.1D
80 84.9	Green	Heavy exercises, for unacclimatized personnel will be conducted with caution and under constant supervision.
85-87.9	Yellow	Strenuous exercises, such as marching at standard cadence, will be suspended for unacclimatized troops in their first 2 or 3 weeks. Outdoor classes in the sun are to be avoided.
88-89.9	Red	All physical training will be halted for those troops who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.
90 and Above	Black	All strenuous nonessential outdoor physical activity will be halted for all units. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden or personnel or resources, be excessively expensive, or